

CHARTERHOUSE

PSHE PROGRAMME

Delivery of the PSHE Programme

Personal, Social and Health education at Charterhouse covers all the main subjects listed by the DFES :

Citizenship
Drugs, Alcohol and Tobacco
Emotional Health and Wellbeing
Nutrition and Physical Activity
Safety
Sex and Relationship Education

The PSHE programme is delivered within the curriculum, as part of the syllabus in subjects such as Biology, R.S. and Geography, via an extensive extra curricular programme of sporting, cultural and outward bounds activities, through lectures from speakers outside the school and also in smaller discussion groups. External speakers provide expertise on specialist subjects relevant to the challenges faced by adolescents in society today.

In a boarding school, as in the family, PSHE is seen not so much as a programme but a value system that is embedded in everyday life. Spiritual, moral, social and cultural values (citizenship) are embodied in the institutions of the school both formally, through the chapel services and religious education lessons and informally, through the ethos and expectations of the school. Chapel services led by pupils as well as by chaplains and religious education lessons address wide ranging issues such as world poverty, overseas aid, politics, fair trade, home sickness, bullying, exclusion, anxiety, remembrance, sex before marriage and the dangers of pornography (see ISI report, page 6, dated May, 2007).

The Sports programme offers over 25 different sports and all under school pupils devote a minimum of two afternoons a week to sport. Charterhouse meets the Government commitment that all children are entitled to 2 hours a week of high quality PE and school sport. Participation in sport is seen as a key factor in encouraging children and young people to maintain a healthy lifestyle.

Carthusians are also encouraged to participate in a wide range of Outward Bound Activities which include the CCF, the D of E Award, the Mallory Group and Pioneers. Sometimes these activities take place away from Charterhouse. They take place at weekends and during holidays as well as on Monday afternoons. Safety education is a key feature of this programme and helps pupils to: recognise risk and make safer choices; take responsibility for safety; follow rules, codes and procedures; get help confidently; give help and advice assertively; and to meet and work with safety experts (see the Masters' Book, section D2 – Expeditions away from Charterhouse and section D3 – Safety on School Expeditions). The Monday Activities

programme also teaches pupils in their first year in the school to care for and enhance the environment by learning the country code and skills such as woodland maintenance.

Charterhouse encourages pupils to respect one another and to provide mutual support and encouragement in academic and extra-curricular life, as well as within the boarding environment. There is a comprehensive anti-bullying policy and an extensive network of support facilities within the school. Pupils have access to a range of support both formal and informal. The formal support programme is provided through:

- Tutors
- Matrons
- Housemasters
- School counsellors
- School chaplains
- School monitors

Alternatively, a pupil may prefer a less formal approach, such as talking to a friend or teacher in whom they have confidence.

Aims of the PSHE Programme

1. To provide pupils with the information they need to make informed decisions on a wide range of issues that may affect their physical and emotional well being.
2. To encourage pupils to respect and care for themselves and those around them.
3. To help pupils to cope with the challenges of adolescence and to prepare them for adult life.
4. To encourage pupils to appreciate the contribution they can make to society and the protection of the environment.

The Programme

In addition to our high expectations of their personal behaviour, pupils are encouraged to take part in community service activities as they progress through the school.

They also receive information on specific topics, as outlined below:

The Fourth Form

Oration Quarter

Lecture on the Effects of Smoking (delivered by DRED UK).

This 1.5 hour lecture forms part of the Yearling's Monday Activity Programme. The lecture shows why tobacco is harmful through explaining the harmful effects of tar, carbon monoxide and nicotine, in particular, on the cardiovascular and respiratory systems.

The lecture is followed one week later by a discussion in Form groups to help consolidate the information given. A questionnaire is completed by all 4th Form pupils to help evaluate the effectiveness of the lecture (see School's Smoking Policy).

Long Quarter

Lecture on the Effects of Alcohol (delivered by DRED UK).

A 1.5 hour lecture, also delivered to the entire year group as part of the Monday Activity Programme. The lecture explains the effects of alcohol on the nervous system and on other body organs; also, the legal repercussions of alcohol abuse, both in the UK (e.g. drink-driving offences) and when travelling abroad. Discussion in form groups and questionnaire follow a week later as with the previous lecture (see School's Alcohol Policy).

The Yearlings Bullying Charter

The Master of the Yearlings spends two evenings in each of the eleven Boarding Houses in the Oration Quarter discussing aspects of bullying with the yearlings. This work takes place in small groups and includes a small number of house monitors. During the first evening the Yearlings discuss different modes of bullying (verbal, physical, emotional, sexual etc) and then draw up their own House anti-bullying charter. On the second evening, the charter is reviewed and then signed by each of the pupils (see School's Anti-Bullying Policy and Cyberbullying Policy).

The Removes

Oration Quarter

Lecture on the Effects of Drugs (delivered by DRED UK).

This lecture occurs during the Monday Activities slot and covers the effects of the most commonly abused drugs, including marijuana, ecstasy, cocaine, heroin, amyl nitrate and LSD. The legal status of each drug is explained, both for the UK and abroad. Advice is given on how to avoid drink spiking as well as how to help friends who may be under the influence of drugs.

The lecture is followed up one week later in a tutor period and a questionnaire is distributed via Housemasters to obtain feedback (see School's Drug Policy).

Long Quarter

In their tutor groups, Removes work through a brief worksheet recapping the main risks of smoking. This is designed as a refresher on the previous year's smoking lecture to reinforce the dangers of smoking at a time when they may be tempted to experiment with tobacco.

Cricket Quarter

In tutor groups, Removes work through a worksheet recapping the effects of alcohol. This is a refresher on the previous year's lecture to reinforce the dangers of alcohol abuse.

The Monday Activity Programme in the Removes

In the Remove year, pupils elect to join either the CCF or the Pioneers. They learn map-reading skills; take part in team-building exercises; learn the countryside code and learn basic first aid skills. This is also their first opportunity to join the Duke of Edinburgh Award Scheme, which they can continue into the sixth form. Each year, approximately 160 pupils sign up to take the silver award, with around 25 progressing to gold.

As part of the Duke of Edinburgh Award, all pupils are required to do community service. This may include helping in a local primary school, working in a charity shop or becoming an NCO in the CCF.

Fifth Form

Oration Quarter

In tutor periods, the Fifth Form complete a worksheet which recaps the main points of the lecture on drug abuse. The completed worksheet provides an opportunity for the tutor to discuss 'drug awareness and education' with their tutees.

The Monday Activity Programme in the Fifth Form

The Fifth Formers continue with either the CCF or Pioneer programme. Those on the Duke of Edinburgh Programme may progress to the silver award, which requires them to plan and carry out of an expedition away from school with an overnight stay in tents, during which they can put into practice the skills learned previously during the Monday Activity Programme.

The Sixth Form

A series of lectures is organised for Sixth Formers.

Oration Quarter

Lecture for girls on Healthy Eating and Self Esteem

This lecture is given by Alex Corkran, a recovering anorexic, about her experience of low self esteem and consequent anorexia during school and university. There is further support for pupils with eating disorders from the school doctor and nurses, from the two school counsellors and from the Head of Girls.

Long Quarter

Lecture on Sexual Health Issues

This lecture is given by the Surrey Chlamydia Screening Unit and was added to our PSHE programme in 2007-08. The lecture takes the form of informal discussion in House Groups. Although other sexually transmitted diseases including HIV and AIDS are dealt with, the lecture focuses particularly on Chlamydia which affects 1 in 10 sexually active people between the ages of 15 and 25. The lecture is followed by a question and answer session. Pupils are offered the opportunity to take a simple self-test on the spot or collect a kit from Great Comp and send the samples to the clinic for screening. Results are confidential to the pupil. This programme is evaluated by a confidential questionnaire.

Cricket Quarter

Lecture from DRED UK on the possible challenges faced by a GAP year student when travelling abroad.

This lecture covers foreign travel, vaccines required, managing money abroad and the legal ramifications of drug and alcohol use in different parts of the world. It provides information on date-rape drugs, the dangers of drink spiking and how to minimise the risk.

The Monday Activity Programme in the Sixth Form

All First Year Specialists are required to participate in the Monday Activity Programme for the first two terms of the academic year. Many of the activities are community service based. They include: teaching assistants in local primary and junior schools; church maintenance; visiting the elderly and helping in the Meath Home (the local institution for severely epileptic patients).

The Duke of Edinburgh Award Scheme continues into the sixth form, where pupils are now eligible to participate in the gold award (minimum age of 16). Community service activities are a compulsory component of this scheme and a five day expedition must also be planned and carried out.

Other aspects of the PSHE Programme

Smoking Cessation

Charterhouse has a strict policy on smoking. The school has been declared a smoke free environment for students, and there is a no-smoking policy in Brooke Hall as well as in the Queen's Sports Centre, which is open to the public.

Pupils who continue to smoke, in contravention of the rules, are offered help to encourage them to stop. A voluntary six week rolling programme, offering advice and support, has not proved popular. However we have found pupils respond better to one to one support from a school counsellor.

The School Counsellors

There is an excellent counselling service offered at Charterhouse which is available to pupils and staff. The school has two counsellors: Mrs Vivienne Gordon Graham meets pupils by appointment or during drop-in hours at Great Comp on Thursday afternoons ; Dr Christopher O'Neill, a teacher and trained counsellor, is available most days to see pupils. Each boarding house displays information about how to contact the counsellors. The service is entirely confidential and the school counsellors abide by the Code of Ethics of the British Association of Counselling.

Counselling offers an opportunity to explore any of life's issues, great or small, which may be causing distress or concern. In recent years, pupils have wished to discuss a range of issues including fear of exams, life at home, too much work, stress, loneliness, depression, divorce, sexuality, depression, eating issues, lack of self-esteem, anxiety, drugs and self-harm.

The Counselling service is free to members of the school (see permanent notice on Counselling for further information).

The Chaplains

A new initiative will be introduced in January 2009. A team of four Chaplains will cover all eleven boarding houses and provide further pastoral and counselling support. In this programme, each house will have an allocated Chaplain who will visit twice a Quarter between 6.30 pm and 9 pm in the evenings. This more informal counselling approach is designed to appeal and provide support to those pupils who for whatever reason prefer not to use the School Counsellors.

Child Protection Officers

There are two child protection officers at the school - Andrew Johnson and Maggy Swift. Both are full time members of Brooke Hall who have received training in child welfare and protection. All teachers are trained to report child protection incidents in the appropriate manner (See Child Protection Policy).

Training

Teachers are required to renew their First Aid Training Qualification every two years.

Teachers receive Fire Awareness and Fire Prevention Training every two years.

Teachers receive Child Protection Training every two years.

Since September 2006, sports coaching and sports injuries training are provided for teachers taking sport.

A three day training course in North Wales for non-specialist teachers assisting with Outward Bound Activities was established in September 2006.

Teachers attend other external PSHE courses on:

- Child Protection
- Anti –Bullying Training
- Drugs Awareness and Education
- Understanding Eating Disorders
- Meeting the Needs of the International Student
- Meeting Pupils' Emotional Needs
- Every Child Matters

The PSHE Website

A site on the school intranet is being established to allow parents, pupils and staff access to the PSHE programme. The website already provides various School policies on Child Protection, Drugs, Alcohol, Smoking and Bullying. It is planned for the website to list the dates of upcoming lectures, useful contact numbers and addresses (e.g. Childline) as well as the support network available throughout the school.

The site will also show the results of the questionnaires carried out following each lecture.

In addition, there will be relevant articles from magazines and newspapers published giving information on relevant health issues.

Recent Initiatives

Lecture to first year specialists on the realities and preparation required for Gap Year Travelling (2005).

Lecture to first year specialist girls on healthy eating and self esteem (2005).

Smoking cessation programme introduced (2006)

Sports coaching and sports injury training introduced (2006)

A three day training programme introduced for non-specialist teachers assisting with Outward Bound Activities (2006)

As a result of the ISI inspection in May 2007, questionnaires, where appropriate, are used to assess the effectiveness of various aspects of the PSHE programme (2007).

Chlamydia testing introduced for specialists (2008)

Involving house monitors with the Yearlings Anti-bullying Charter (2008)

Future Initiatives

PSHE website to be developed to allow parents, pupils and staff to access the programme.

A Chaplains' pastoral counselling service to be introduced

Specialists to attend Surrey County Council's Stay Alive/Safe drive initiative.

September 2009